

# TMI Focus



Vol. XXVI, Nos. 3 & 4

A Member Newsletter Of The Monroe Institute

Summer/Fall 2004

## In This Issue

**TIMELINE =**  
Transfiguration  
...2

**Life Without**  
Boxes ...4

**Hemi-Sync®**  
Goes To The  
Dogs (And  
Cats)...7

**Tower**  
Construction...9

**Roberts Mountain**  
Retreat...9

**Member CDs...10**

## "CAN YOU HEAR ME NOW?"

by Laurie A. Monroe



**T**his advertising phrase is familiar to most of us. Perhaps when we hear it we visualize the little guy, phone to ear, walking around in different locations, some of them absurd, asking, "Can you hear me now?" It's possible

that those who have passed on from this physical journey are asking us the same question, especially if they desired to prove the survival of consciousness after death. If our intention is to listen, are we receiving the messages? Many of us ignore the messages because they usually don't come in the form of words. However, the practice of awareness, love, and forgiveness assists us to be in sympathetic resonance with new and higher frequencies and to "hear" their messages.

In my decade at TMI, I have been the observer, the participant, and the cocreator of where we are today. Many people ask me if I am in communication with my father. It is always an interesting question

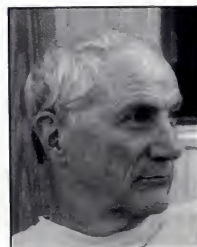
that leads me to wonder what they mean by communication. By my definition, communication in the non-physical realms is not the same as it is in the physical. I feel that I am periodically in resonance with the frequency level my father visits from time to time, a level that some of you may call Focus 27. Many times we connect beyond that level, which I perceive as a much higher vibration. Everyone is capable of communicating with one who has died, but doing so is always a choice for both participants.

Many good friends have passed in the last ten years. My father decided to change residences on March 17, 1995, followed closely by Ed Carter, a close friend and supporter of TMI. From 1998 through 2001, Dave Wallis, revered friend and employee of TMI, Jim Greene, a precious friend and supporter who cocreated the *POSITIVE IMMUNI-*

*Continued on page 3*

## A CREATION MYTH FOR THE TWENTY-FIRST CENTURY

by Charles T. Butler, PhD



**C**harles Butler is a physicist who spent over a quarter century in a major conservative Christian denomination as a lay theologian before leaving it in 1975 and setting out on a path that took him through atheism, agnosticism, back to theism, and eventually brought him to

Taoism and the Unitarian Universalist Church. After

helping to put up the first U.S. satellites, he performed fundamental physics research for a decade before becoming a university professor. There he continued his research and taught courses on the environment and on the effects of technology on society. His marriage to Mary, an anthropologist, heightened this interest. After leaving university life in 1984, he spent the remainder of his scientific career applying neural networks, a type of computer that mimics the animal brain. His association with

*Continued on page 5*



## TIMELINE = TRANSFIGURATION

by Allison Moore



**A**s the managing editor for a New York City company that develops medical record software, Allison Moore is responsible (in theory) for anything having to do with words. She writes everything from help systems to marketing materials, and publishes most of it in-house. Growing up with a minister father who was involved

in psychic research, Allison was always aware that there was more to being than the physical universe. Ordained in the meditation tradition she's practiced for thirty years, Allison has explored metaphysical tools throughout her life and was one of the original GATEWAY OUTREACH Trainers.

Every program I've done at The Monroe Institute® has been wonderful. That's what we all say, and we all say it because it's true.

I did my first GATEWAY VOYAGE® twenty years ago, and every program since has been fun, surprising, enlightening, expanding, enriching, button pushing, growth producing, and deeply felt. Each one took me somewhere I didn't know it was possible to go. Each one taught me something about who I am. Each one opened another crack in the wall between me and wholeness. Each one was a unique and powerful experience.

Then I did *TIMELINE*.

Oh, mama!

I thought I'd had powerful experiences before. In *TIMELINE*, I didn't just stick my finger in the wall socket. I stuck it in the generator. (That laughter in the background is the rest of my group cracking up as they read this. "Power" was my word for the week. They heard it so much, they probably wished I would move on to enlightenment or world peace instead.)

*TIMELINE* was an order of magnitude beyond every other TMI program I've ever done. I don't say that lightly. Every program has been and still is very important to me, and I look forward to doing them again. I recognize that I got what I did from *TIMELINE* because of what I'd learned over the last two years from *LIFELINE*™, *HEARTLINE*, and the *REMOTE VIEWING PRACTICUM*. They laid the conduit, made the connections, and installed the junction boxes. Then *TIMELINE* flipped the switch.

It built on the reintegration of self from *LIFELINE*. It expanded the healing and acceptance of *HEARTLINE*. It took the exploration of time from the *REMOTE VIEWING PRACTICUM* to a whole new level. It offered new avenues to guidance, opening doors unveiled in *GUIDELINES*®—all without going beyond Focus 15.

In *LIFELINE*, the trainers said that the mere passage

of a conscious human through Focus 23 could awaken souls that were "stuck" there, that there was something about our energy that could make us uniquely effective in retrievals. Bob Monroe talked about why souls want to incarnate, what they achieve in doing so. During *TIMELINE*, in Focus 15, I got a taste of what Bob and the *LIFELINE* trainers meant. It's the core, the pure essence of human existence. It's who you become when you stop depending on answers and start living the questions.

*TIMELINE* encouraged us to explore the powerful stillness of Focus 15, a place many of us have perceived as the Void—a great emptiness where nothing much happens. "Sublime stillness" might be a more accurate description. When you truly embrace the emptiness even for a heartbeat . . . well, each one's experience is unique.

In *TIMELINE*, I passed another milestone in the journey toward accepting my experience as it is, rather than judging it against someone else's. I began opening to receive information kinesthetically. That may be more challenging than receiving visually because it's harder to talk about, but it may also lead to deeper experience. I learned more about grounding and how important it is when we want to work with higher energies.

And it wasn't just me.

Every one of the twenty-one participants took the bounty that *TIMELINE* offered and ran with it. The energy shifts began early in the week and kept building. Shells cracked all over the place, some gently, some dramatically. We defined ourselves not as a group but as a tribe. And as a tribe within a tribe. We recognized that the whole encompasses all those in other programs—all those who have explored this territory before us, in parallel, in other times and places, and in times yet to come.

The experiences of power I was having were not about me alone. It was clear that everyone else was equally powerful, and our combined effort was off the charts. Our group included an unusually high number of healers, declared and undeclared. Perhaps their willingness to open to the energy amplified the currents that were both set in motion and ably grounded by facilitators Lee Stone and Charleene Nicely. Each participant functioned fully as a node on the grid, passing the energy through, clarifying, augmenting, and grounding as needed. A comment or suggestion from one often opened a gate for another. An issue confronted by two became a learning exercise for two more. And we laughed—a lot.

Adding to the ambience was the amazing *light-SOURCE* software, which displays a series of endlessly evolving designs based on sacred geometry in tandem with a Hemi-Sync® soundtrack. Several times during the week, *lightSOURCE* was projected on the large screen in David Francis Hall. We could meditate on the mesmerizing

*Continued on page 10*

**"CAN YOU HEAR ME NOW?"***Continued from page 1*

TY PROGRAM, Martin Warren, brilliant mind and early Explorer monitor in the lab, and my beloved mother made their transitions. Inspiring friend and colleague Elisabeth Kübler-Ross, the author of many books, notably *On Death and Dying*, and cocreator—with Bob Monroe—of the GOING HOME® series, Pauline Johnson, longtime OUTREACH Trainer and Professional Member, and Wink Franklin, former president of the Institute of Noetic Sciences (IONS), who was devoted to a vision of human evolution and the manifestation of higher consciousness, left this physical life in 2004.

My sister, Maria Monroe Whitehead, wrote the following description of after-death communication a year after our mother died:

"It had been a nice Saturday . . . a cool, crisp harbinger of fall. I had just returned from the LIFELINE<sup>SM</sup> program at The Monroe Institute® and I was deeply grateful that our home, which had been directly in the path of Hurricane Floyd, had been spared the wrath. My sister, Laurie, was down for the weekend and we had spent most of the day planting shrubbery in memory of our mother, who had made her transition last December. It seemed an appropriate time to remember her because it was her birthday, September 18.

At sunset I decided to take my usual walk. I was feeling particularly good because my sister was visiting, my husband was returning from a business trip that evening, and I was still rather euphoric from the LIFELINE. As I was contemplating all of the good things the Universe had bestowed on me, I approached a cornfield and noticed a rainbow, or at least part of one. I turned full-circle to find the remaining arc and

noticed it appeared as if the rainbow was a parenthesis around the setting sun. I wondered what kind of cloud formation would cause this and then noticed a huge cloud in the shape of an angel with wings extended. I searched for the face and was amazed to see the exact likeness of my mother! I stopped dead in my tracks and stared incredulously for a moment before running the two miles home to tell Laurie.

In retrospect, I interpret this as a beautifully orchestrated form of communication. My mother was a brilliant artist, and I was fortunate to have inherited her talent. I can't think of a better way to attract another artist's attention than by displaying a beautiful rainbow of color. What could be more 'celestial' than to paint one's own portrait with the clouds?"

As Elton John says in his newest song, "Sometimes we find an answer in the sky."

Then there was my own recent experience following the passing of Wink Franklin. I went to sleep with the intent of contacting Wink. I thought since he was "new" over there, he could give me some valuable information to share in this article. I moved to Focus 27 and was guided to an unfamiliar area. Slowly Wink's "head" came into my vision. A white light resembling that seen in professional portraits surrounded him. He told me to remember the "Noetic Bet" (especially his part of it) and to remember the feeling I had the last time we met. He simply smiled and faded away. I woke up immediately and wrote down what I remembered.

The next morning, I immediately thought about the "Noetic Bet." I was sure I'd heard of it but couldn't remember the particulars. I did remember the feeling of love and gratitude I had after one of Wink's talks while giving him a hug. A part

of his talk had resonated with me in a special way. He had spoken of sometimes feeling constrained about expressing his own personal views. As president of IONS, he felt it was difficult for people to separate his own views from his role as president. I understood that feeling, and hearing his words somehow gave me a sense of release.

Later I found the tape of Wink's talk at the 2003 IONS conference, "Awakening a Global Vision: Collective Wisdom and Spiritual Activism," held in Palm Springs, California. Its message turned out to be far more important than whether or not I had actually "contacted" Wink. After listening to the tape, I understood the meaning of his guidance. He had talked of the emergence of a global vision that would move humanity to the future. The "Noetic Bet" is a bet against the currently dominant paradigm. It contains "core noetic hypotheses" that assert (1) "Reality is more than merely physical"; (2) "Everything and everyone are interconnected"; and (3) "We are participants in our own evolution."

Then he had added "Wink's addendum," his personal expression: (4) "There is a divine plan or a divine evolution that is evolving all the time. There is a purpose, a direction, a divine order we are moving toward, both as humans and as a planet"; (5) "We can know that plan, but not all of it because it is not complete. It is still evolving, but we can get glimpses of it"; and (6) "In knowing that plan, Science, Spirituality and Personal Experience are windows in. The major virtues, truth, beauty and goodness, are windows into that plan."

He spoke about a convergence of science and spirit in action and that a Global Vision based in values of spirituality leads to more justice and equity on a global level and of how important it was for us to have

*Continued on page 9*



## LIFE WITHOUT BOXES

by Karl Boyken



**K**arl Boyken is a computer systems administrator for the University of Iowa. He has been attending residential programs at The

Monroe Institute® for four years and is a Dolphin Energy Club member. Karl is also a hospice volunteer and a student of yoga.

Like many people who are drawn to The Monroe Institute, I've had several other-than-ordinary experiences over the years. I grew up in a small rural town in the midwestern United States, and there was nothing in that environment that helped me put those experiences into some kind of meaningful context. I hid these odd happenings, and as a result I felt other than normal, not a very good thing to be as a child in a small farming community. Long after I had left home, I continued to lock away a vital part of myself. The walls I built inside me were reflected outwardly in the distance I felt in my relationships with others.

The residential programs at The Monroe Institute have turned out to be the key that has released the magical part of me I had hidden for decades. I became interested in the Institute as a means to cultivate any remote viewing skills I might have. I was focused solely on how the programs could benefit me. What I didn't realize was that this path that appeared to lead into myself would actually take me outward, demolishing not only the walls inside but those outside as well.

When I returned from my GATEWAY VOYAGE®, I saw the town where I live with new eyes. Everywhere I looked, there were opportunities to nurture the part of my life I'd locked away. Shaaron

Honeycutt's morning yoga sessions had left me thirsting for more. I was amazed to discover a yoga center just a block from work. I signed up for a class over my lunch hour. I'd become curious about energy healing. A bit further down the street was a massage school that offered Reiki attunements and courses in energy healing. I began registering for classes. I'd been working with dreams all of my life, but never face-to-face with others. I learned about some people who were doing dream work, and soon, we were sharing our dreams. Before long, I was part of a community of like-hearted people whom I'd never known existed.

GUIDELINES® took this a step further. As in all the programs I've been to, the tape exercises were wonderful. The most striking occurrence at GUIDELINES, however, involved another participant. While we were doing a paired intuitive questioning exercise, his inner self-helper (ISH) communicated very energetically with me. The energy of that encounter continued to work on me throughout the night. The program taught me that we are all guides for each other. Mirroring the community I'd discovered at home, I began to find another community among the participants in the programs. No matter how many people I know going into a program, I now make it a point to try to get to know everyone.

And that even includes the people who annoy me. I now know that my irritation is often telling me something important. I try to ask, what is it about *myself* that is trying to distance me from this person? The answer can be profound. At one program I realized that a couple of women really irked me. Sitting quietly with my discomfort, it dawned on me that my lifelong distrust of aspects of the archetypal Mother was being projected onto them. With that realization a lot of new ground for personal growth

opened up for me.

The trainers at each program have always emphasized taking our program experiences back into daily life. My own experiences have shown me that any distance between myself and others is related to distance between aspects of myself. Any judgment about others that cuts me away from them will also cut me away from parts of myself. By serving others, I serve myself. I've tried to bring this lesson into my daily life, into my relationships with family and friends and with people I meet at work—especially at work. I'm a computer systems administrator, and the culture of systems administration is very dehumanizing. The language says it all: people are users, or more often, clueless users. Lately, I've been consciously trying to look at the people I help as human beings and to see my job as an act of service. The steps I've taken in that direction have helped me feel better about myself and the job I do.

Last February, I took one more step to bring Monroe home. I helped a friend, Jackie Phillips, coordinate a GATEWAY EXCURSION weekend with Bob and Marinda Holbrook. I was excited about sharing Monroe insights with my friends. As the program began, I was consciously struggling with a set of fears: "What if my friends don't like the program? Will they still like me?" I felt exposed and vulnerable. It was great! I realized that this was another opportunity to tear down more of the walls within myself, and outside myself. My friends all loved the program, and I took another step toward living my life without boundaries.

I frequently think back to *Joshua in a Box*, the video we saw at the GATEWAY VOYAGE about a man living inside a box. I'd been doling my life out among a set of boxes. The Monroe Institute has helped me begin to toss out those boxes and live more openly, freely, and joyfully.



## A CREATION MYTH FOR THE TWENTY-FIRST CENTURY

*Continued from page 1*

*The Monroe Institute® began in 2002. He is a member of the Dolphin Energy Club. In 2003 he was diagnosed with ALS ( Lou Gehrig's disease) and credits the Hemi-Sync® technology for enabling him to maintain a positive attitude as his disease has progressed.*

The first thing I found when I started through the GATEWAY EXPERIENCE® CDs in the summer of 2002 was that the Hemi-Sync technology allowed me to reach a deep meditative state faster and more reliably than I had been able to do in over thirty years of meditating. Even better, I became more emotionally stable, happier, and more peaceful than I had ever been. I didn't know what these CDs were doing, but I liked it. About this time, I began a series of medical tests to discover the cause of constant tiny muscle jerks in my arms and torso. I assumed they were just a symptom of one of the bothersome, but benign, autoimmune conditions common in my family.

In January 2003, my prescribing psychiatrist suggested that I drop my depression medication. He said he didn't understand it, but I didn't need it anymore. In February, I permanently stopped using the bright-light therapy I had used for fifteen years from October through April to combat the depression of seasonal affective disorder (SAD). Things were looking good.

On the second of May, 2003, my world forever changed. A series of tests at George Washington University finally verified the unthinkable. The muscle jerks I had experienced for almost two years were the vanguard of more serious problems, those due to ALS, Lou Gehrig's disease. I continued using the Hemi-Sync CDs. Over a period of two or three weeks, the fear, anger, self-pity, and depression I felt

at first was replaced by renewed spiritual balance, an ability to contemplate my situation without fear or self-pity, and a determination to "go out with grace."

Was this due to the CDs? I think so, and here's the reason: my psychiatrist is remarkably flexible and had followed my use of these CDs from the beginning. In the summer of 2003, however, he suggested that I stop using the CDs for a while and experiment with a new technique called neuro-feedback. Because my professional field is artificial neural networks, I was intrigued by the possibility of training my own brain in the same way I had trained many artificial networks and followed his protocol with enthusiasm. For four months I used neuro-feedback instead of the Hemi-Sync CDs. During that time I became increasingly fearful, short-tempered, and depressed. Neuro-feedback, wonderfully successful with many, was not working for me. At the psychiatrist's suggestion, I switched back to the CDs in early fall. The change was almost immediate. Within a week I regained the peace and grace that I had lost in the face of my illness. A laboratory PREP session at TMI and an OUT-REACH session conducted by Maureen Caudill in our home in early 2004 heightened these feelings.

Eighteen months after being diagnosed with ALS, despite a series of devastating falls, loss of most of the use of my hands and arms, and recently moving into a wheelchair, I still am able to maintain a positive attitude, contemplate my situation without fear or self-pity, and keep my determination to go out with grace. As my disease has progressed, I have discovered that I must set aside time to mourn my losses, but I have also learned to embrace ALS as my teacher, as the means by which I will learn life's last, greatest lessons.

What is the connection of all this with the story that follows, a myth that purports to tie the recently discovered dark energy with ancient chi? It's this: the Hemi-Sync CDs bring one efficiently and quickly to levels of spirituality that will be needed if the changes described in this story are to take place. I believe in the truth behind the myth. I believe in the TMI process. I believe the world can be a better place and that Hemi-Sync technology can play an important part in the momentous changes that may be imminent.

### The Myth

Once, long ago, two eleven-dimensional beings fell into high-dimensional love and had a high-dimensional child. Some later called the birth event The Big Bang. Because of the genetics of such beings or for other reasons, the baby had only four dimensions that were important to the everyday lives of the material creatures that later evolved within it, but the full eleven dimensions were still there.

The baby had three kinds of energy available to it. One coalesced into ordinary matter—protons, neutrons, electrons, photons, and the other stuff we're made of. This part made up about 5 percent of the mass of the baby. Another form of matter also coalesced. Scientists in the twentieth century named it "dark matter" because it didn't glow like ordinary matter, and they didn't have a clue otherwise of what it was. Still, it possessed mass and allowed the trillions of galaxies to form as the baby grew older. This form of energy made up another 25 percent or so of the baby's mass.

By far the largest fraction of the baby's mass was in the form of a pure energy. This pure energy had contact with the other dimensions of the baby in ways that ordinary

*Continued on page 6*

## A CREATION MYTH FOR THE TWENTY-FIRST CENTURY

*Continued from page 5*

and dark matter did not. Its discoverers decided that it was an intrinsic part of space-time. This meant that, unlike matter, it was there from the instant the universe was born and pervades every material object in the universe. Not being matter in the usual sense, this strange energy, which these scientists named "dark energy," wasn't subject to the backward pull of gravity the way the other parts of the baby were but in fact caused it to grow ever faster.

This dark energy had another effect. Creatures made mostly of ordinary matter who evolved on at least one of the trillions and trillions of planets that existed within the baby—though at first ignorant of the origin of their observation—began to realize that something responded to their intention, to their will. Thousands of years before this energy was verified by direct measurement, Chinese sages and warriors learned to control it by willing it to move through and out of their bodies. This made them very powerful. They called this energy chi. They realized that it pervaded all space and was formed at the very creation of the universe. They named three kinds of chi for convenience, though all were identical: universal or heavenly chi they said came from the heavens; Earth chi they said belonged to Earth; and personal chi they said belonged to each human, animal, plant, and rock on the planet. They discovered that this energy had healing powers and that an imbalance of it could make one ill. They developed exercises and procedures that could circulate and balance the chi in the body and that could call heavenly or earth chi into the body or send it out of the body. These exercises were used to prepare warriors for warfare and heal warriors who were

injured. They also prepared sages for thought and peasants for their daily tasks.

At the same time, people far from China were developing their own understanding of how the universe works. Each society seemed to have a different explanation, but all had similar observations. Some discovered that they could heal and perform other feats through what they termed prayer. Others found that they could go into deep trances and experience beings from other dimensions. Some could even experience these beings at times without being in a trance. They called these beings spirits, angels, devils, and so on, depending on the circumstances and the being in question. Some persons in some societies found that they could leave their bodies and travel to other places, then return and say helpful things to those left behind. The variations were as many as there were groups of practitioners. Some variations became part of major lines of human social development, while others were relegated to obscurity outside their small area of influence. Wars were fought and whole civilizations destroyed over whose ideas were correct.

Eventually individuals around the planet began to suspect that nobody's ideas were The Truth. They further suspected that prayer, healing by the laying on of hands, acupuncture, tai chi (the warrior's preparation exercise), Reiki, shamanism, meditation of all sorts, seeing the accomplished task in advance, and a host of other acts of will were all doing the same thing: moving chi/dark energy with the intentional mind. Some called this mindfulness or intentional living. They decided that the prayer of a Buddhist, Hindu, Taoist, Christian, or Muslim or the acts of a shaman or a *curandero* were just moving the same chi/dark energy with a different understanding of the process.

This insight upset many Buddhists, Hindus, Taoists, Christians, Muslims, shamans, and *curanderos*, but it made sense to yet others. They decided that a good fraction of the healing success of a Western physician was from the same source. This insight upset many Western physicians practicing under the medical model, but it also made sense to many others.

Many of the theologically and philosophically attuned began to have a grand thought: if this all-pervasive chi/dark energy responded to the will of humans and, perhaps, the will of all creatures, then either it had to be intelligent itself or something that owned it had to be attuned to the will in order to move the chi/dark energy. Many of the latter group believed that the universe—the baby—deserved to be thought of as God. Others thought that term should be reserved for the ancient eleven-dimensional beings that created the baby, or perhaps that the term should be reserved for whatever made the eleven-dimensional beings, and so on, ad infinitum. Some atheists got mad because they reserved such things as Not God. Academic and theological arguments about who or what was supposed to be called God (or Not God) were rife.

A lot of people considered the arguments unimportant. More fascinating to them was the idea that the means used to move chi/dark energy matters relatively little. Prayer, Reiki, burning candles, meditative states, tai chi, qigong, Western medical practices, etc., could all work for good. Many theologians, philosophers, poets, and even politicians and scientists banded together and pondered the relationship of this concept to love. They started a movement to use this great power, this ability to interact with the universe, to change the world.

*Continued on page 10*



## HEMI-SYNC® GOES TO THE DOGS (AND CATS)



Dogs and cats relax to the sounds of *Gaia* and other METAMUSIC® titles at the Almost Home Pet Adoption Center, which is a no-kill facility owned and operated by the Humane Society/SPCA of Nelson County. Bette Grahame, president and founder, had dreamed of this type of facility for more than twenty years. Over three hundred animals have been adopted since Almost Home's grand opening on April 25, 2004.

Bette Grahame recently told us "We leave the Hemi-Sync playing twenty-four hours a day. On more than one occasion, I have had to go back into the Adoption Center at night. The dogs were sleeping so soundly that they never even barked."

Dogs reside in Doggie Dorms, which are decorated with wall murals painted by area artists and furnished with cots and toys. Cats and kittens are housed in colorful Kitty Condos with handcrafted furniture for climbing and perching. The facility is operated solely by volunteers and depends on financial support through donations. Through his Vegas Workshops and MC², TMI residential trainer and Professional Member Joe Gallenberger has raised funds in excess of \$5,000 for the adoption center.

If you are interested in learning more, call Almost Home at (434) 263-7722 or stop by for a visit the next time you're in the area.

Ronald Russell, ed. *Focusing the Whole Brain: Transforming Your Life with Hemispheric Synchronization*. Charlottesville, Va.: Hampton Roads, 2004. xviii + 317 pp. \$11.00 (\$10.00 to TMI members).

Reviewed by Matthew Fike

Like its companion, *Using the Whole Brain* (1993), Ronald Russell's newest book is an anthology of essays dealing primarily with applications of Hemi-Sync® in a wide variety of fields. Although it lacks the tidy organization of the earlier volume's main section (body, mind, spirit), it covers some of the same topics, breaks plenty of new ground, and may be justifiably called an "update." This time there are forty-six essays covering the use of Hemi-Sync in the following areas: personal growth, young children, education, medicine, mental health, sleep, nursing homes, the business world, Hemi-Sync in Europe, and animals. There is a section of articles in which technology is applied to Hemi-Sync to document its effect on the brain, and the volume concludes with a chapter entitled "Gallimaufry" that includes some of the most interesting essays, which

happen not to fit any of the earlier rubrics. The book also includes a CD called *The Way of Hemi-Sync*, narrated by Bob Monroe.

The experimental articles provide what James D. Lane calls the kind of "systematic evidence that will convince the professional community and the public of the therapeutic benefits of Hemi-Sync." Most of the essays in *Focusing the Whole Brain*, however, are anecdotal rather than experimental, and some are primarily—or even entirely—composed of case studies. What emerges from these portions of the book is an unofficial thesis that one might cast as follows. Although Hemi-Sync is not a "cure," a "panacea," or a "magic bullet," it is both a valuable resource in itself and a helpful complement to a wide variety of treatments and pursuits, especially psychotherapy and Reiki healing. The technology is especially effective if the therapist is psychic. Besides being inexpensive, noninvasive, and nonaddictive, Hemi-Sync does not *force* but rather *invites*, and the most potent invitations come from *Remembrance* and *Sleeping through the Rain*, which are mentioned more frequently than any other selections.

Along with the foregoing broad strokes, one chapter and a number of individual essays in *Focusing the Whole Brain* are particularly noteworthy. The most important chapter may be "The Mind: Psychiatry and Psychotherapy." The premise, as Ken Wilber puts it in a passage quoted in a later chapter, is that if one unites the shadow and the persona, then the "total ego" can become more integrated. This pseudo-Jungian language is a bit imprecise. For Jung, "individuation" involves bringing to conscious awareness a repressed part of the psyche like the shadow in order to diminish the role of the Ego and promote the integration of the Self. But whatever terminology one uses, the point is the same: Hemi-Sync in a clinical setting helps make the unconscious more accessible.

In "Hemi-Sync as an Adjunct to Pediatric Physical Therapy," one of the book's most moving essays, Jacqueline Mast recounts her own psychic experiences at an early age on her family's ranch, her use of Hemi-Sync with babies and young children, and a psychic experience with a terminally ill child. The

*Continued on page 8*

## THE MONROE INSTITUTE PROGRAM SCHEDULE

Contact Karen Viar at (434) 361-1252 or [TMIprograms@aol.com](mailto:TMIprograms@aol.com) to register for programs listed below. Please note that the **GATEWAY VOYAGE®** is a prerequisite for all other programs. Programs may be held in the Nancy Penn Center or at Roberts Mountain Retreat.

Dates are subject to change.

### January – June 2005

#### GATEWAY VOYAGE

January 15–21  
February 19–25  
March 19–25  
April 9–15  
April 23–29  
May 7–13  
June 4–10  
June 25–July 1

#### GUIDELINES™

January 22–28  
March 5–11  
April 30–May 6

#### HEARTLINE

April 2–8

#### LIFELINE™

January 29–February 4  
May 14–20

#### EXPLORATION 27™

(For LIFELINE Graduates)  
February 5–11  
May 21–27

#### EXPLORATION ESSENCE

April 30–May 6

#### MC

April 16–22  
June 11–17

#### REMOTE VIEWING PRACTICUM

April 16–22

#### STARLINES

(For EXPLORATION 27 Graduates)  
March 12–18  
June 18–24

#### TIMELINE

June 25–July 1

#### PROFESSIONAL SEMINAR

March 2006-dates to be announced

## Book Review

Continued from page 7

child transports the author—with-out Hemi-Sync—to a “peaceful place” that echoes the rural setting of her youth; the little girl seems to comfort her therapist rather than the other way around. This piece is thus both nicely unified and subtly ironic.

The most delightful essay, “**METAMUSIC** to Enhance Physical and Emotional Comfort in Animals,” conveys the image of author Suzanne Morris’s Abyssinian cat asleep on her lap listening to Hemi-Sync through custom-fitted headphones. The objective of using Hemi-Sync is to help the dysfunctional little beast overcome the trauma resulting from a move—and it works. *Midsummer Night* may be the hero of the essay, but Salem the cat steals the show and wins the reader’s heart.

A number of further superlatives are possible. The most eloquent essay is Peter Spiro’s description of his experiences with Hemi-Sync in inner city classrooms, told in lovingly poetic prose. In the most informative essay as regards Hemi-Sync’s development, Barbara Bullard discusses the creation of *Remembrance*, *Einstein’s Dream*, and other recordings in connection with the “convergent zones” in the prefrontal lobes that enable the hemispheres to synchronize. Helene N. Guttman provides the book’s most surprising fact, that deaf people can use Hemi-Sync effectively by placing the headphones over the carotid arteries or “approximately one inch above, and slightly behind, each ear.” And the book’s most hopeful detail is that although Hemi-Sync still strikes some conservatives as satanic, even their resistance crumbles when they try one of the recordings in a time of personal need.

Some of the essays just mentioned and others in *Focusing the*

*Whole Brain* will be familiar to TMI members because they first appeared in *The Hemi-Sync® Journal*. Other reprints include technical articles by James D. Lane from *Physiology & Behavior* and by F. Holmes Atwater from *Captain of My Ship, Master of My Soul*. *Focusing the Whole Brain* contains nothing as grippingly gruesome as the earlier volume’s excerpts on reconstructive surgery from Gari Carter’s *Healing Myself*, but it is good to have so many old favorites all together in one place.

Russell’s new book is also notable for what it does not say about Hemi-Sync. Many of the essays ask unanswered questions or raise unexplored issues, which suggests the need for a third volume in the *Whole Brain* series. Chapters could be devoted to uses of Hemi-Sync in the following areas: teenagers, AIDS, crystals, contact with a baby’s soul, lucid dreaming, Reiki, and higher education. Indeed, as Russell and his wife, Jill, are quite right to conclude in their coauthored piece, “With a Scottish Accent,” “One of the most fascinating things about Hemi-Sync is that there seems to be no end to the uses to which it can be put.”

[Matthew Fike received a PhD from the University of Michigan in 1988. He currently teaches in the Department of English at Winthrop University in Rock Hill, S.C.]



## ANNOUNCEMENT

“TMI Workshops Around the World” will no longer be included with the *TMI FOCUS* as a printed insert. A complete listing of **OUTREACH** Trainers and **EXCURSION** workshop schedules is available at our Web site,  
<http://www.monroeinstitute.org>



## TOWER CONSTRUCTION COMPLETED OCTOBER 1, 2004

Thanks to all of you who donated to the Tower Fund. We would not have been able to complete the job without your generous donations. The total cost of the construction is \$38,000, which is \$12,000 over our original estimate. Unfortunately, the contractor found many boards that were rotten; therefore the Tower basically had to be completely rebuilt. We also had to purchase new glass for the project, which increased the cost. We received over \$32,000 in donations, and are so grateful to all who participated in this project. Your support has enabled us to maintain the integrity of the Tower and the symbolism it represents.



### ROBERTS MOUNTAIN RETREAT

We are offering Roberts Mountain Retreat to those who wish to have private workshops, a corporate retreat, family reunion, wedding, or just a place to come with friends and family. The facility will be available for the weeks that are not used by TMI. Please call Carol Moore at (434) 361-1252 for pricing structures.



### "CAN YOU HEAR ME NOW?"

*Continued from page 3*

the courage to share deeply our inner journeys. When people share their personal stories of love and forgiveness, we enter into the subtle realms. The power and effectiveness come from going deep. The primary benefit is that through inner work, we get clarity. Clarity gives us glimpses into the divine plan.

In the process of writing this article, I have gained greater clarity about the importance of TMI. We have created a safe place where people open to each other and share their innermost thoughts and experiences; in turn they gain glimpses into their part and purpose within the evolving divine plan. Through the energy of unlimited love within the subtle realms, we all can move to a future that is compassionate, just, and builds on the insights and legacies of these departed souls mentioned above, as well as all of you who so generously support the work of TMI.

It seems to me that the following quote from *ULTIMATE JOURNEY* is a perfect summation:

There is no beginning, there is no end,  
There is only change.  
There is no teacher, there is no student,  
There is only remembering.  
There is no good, there is no evil,  
There is only expression.  
There is no union, there is no sharing,  
There is only one.  
There is no joy, there is no sadness,  
There is only love.  
There is no greater, there is no lesser,  
There is only balance.  
There is no stasis, there is no entropy,  
There is only motion.  
There is no wakefulness, there is no sleep,  
There is only being.  
There is no limit, there is no chance,  
There is only a plan.

**WE CAN HEAR YOU NOW!!**



## A CREATION MYTH FOR THE TWENTY-FIRST CENTURY

*Continued from page 6*

And they did. And it did.

Beyond the myth: If chi and dark energy are really identical—and I think there is a good possibility that they are—we are at a point at which the philosophical rift that has existed between mythos and logos since the Enlightenment can finally be healed. We could finally get on with it. What might life be if rationalism and mysticism coalesced? The people of Earth—all the people of Earth—could find an entirely new way of existence. The rejoined mythos and logos would include ever-expanding science and technology, but a science and technology informed by the wisdom of mythos, perhaps even a mythos of love.

While teaching environmental physics in the mid-seventies, I noted to my students that seven major issues appeared to be taking us inexorably toward a cusp—a critical point—and that this cusp would occur sometime in the first third of the twenty-first century. The issues were the usual ones: population, food production, air pollution, water pollution, atmospheric heating, and the like. One writer at the time set doomsday as Friday, March 13, 2026.

## TIMELINE

*Continued from page 2*

kaleidoscope, or stand in front of the screen and bathe in the light. There is something unexpectedly poignant in seeing those images playing over and around a human form. Standing in the light was equally moving.

The exercises in *TIMELINE* include tools for identifying and clearing limiting beliefs, in this life and in other lives. Some exercises are about experiencing physical death and making transitions. (How

My belief in the seventies was based on environmental and demographic data and driven by reasoning originating from a certain level of innate pessimism. My pessimism has abated considerably, but little has happened to convince me that we are not still screaming toward a cusp in human history. This critical point will offer at least two possibilities: moving into another dark age characterized by ecological disaster, world chaos, human misery, alienation, big business in charge, and evil acts perpetrated in the name of God, or moving into an era in which love and understanding begin to really take hold. My perhaps naive faith is that this latter process will occur eventually in any event, though it may take another thousand years or fifty thousand years to begin to see global results.

But maybe, just maybe, a change will begin in our children's lifetime. I say this because something is differ-

ent now, something that hardly existed in 1975. Western rationalism has begun to develop a modest tolerance of mysticism. Medical practitioners, for instance, are discovering that what they call complementary methods actually work and are a valuable adjunct—or alternative—to traditional Western medicine. In my own discipline, physical scientists are increasingly confronted with observations that are not easily explained within the old paradigms and thus are becoming ever-so-slightly more open to mystical answers.

Whichever of several directions the global society flips at the chaotic cusp, I probably won't be here to see it. If my nascent optimism is vindicated, though, I may yet have a chance. Maybe if enough of us begin to envision in our minds that the balance has already tipped toward love . . .



## MEMBER CDS

### *Significance*

One thing common to all humans is a passion for significance—in other words, we all want to know that our life matters and we are deeply respected. This exercise expands your sense of personal significance through a deeper knowing and teaches you how to extend that knowing to those around you.

### *Message from Bob*

This message from Bob reinforces how far we have come and how much we have learned. Although Bob relocated in 1995, we can utilize his voice from our extensive audio archives to create this experience for you.

else do you get from one life to another?) What did you learn from a given life? How has it enriched your being? Whether you approach other lives literally or figuratively, they provide an effective vehicle for expanding your perception and transforming your awareness of who you are.

*TIMELINE* is one powerful experience you do not want to miss.



**Editors:** Shirley Bliley, Ann Vaughan  
**Layout and Design:** Grafton Blankinship  
**TMI FOCUS** is published by The Monroe Institute®, 365 Roberts Mountain Road, Faber, VA 22938-2317. Telephone (434) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The **FOCUS** contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership rates from \$50 to \$150 per year.  
 ©2004 The Monroe Institute. All rights reserved. No part may be reproduced without permission.